

## **IMPLEMENTATION GUIDE**

### **CARDIAC Kinder**

*Using an Evidence-Informed Program to develop  
a process model for program delivery in the practice setting*

Note: Refer to “Using What Works: Adapting Evidence-based Programs to Fit Your Needs” and the handouts in Modules 4 and 5 to modify and evaluate this program to meet the needs of your organization and audience.

“Using What Works” is available online at  
[http://cancercontrol.cancer.gov/use\\_what\\_works/start.htm](http://cancercontrol.cancer.gov/use_what_works/start.htm).

To receive training on “Using What Works,” contact the NCI Cancer Information Service and speak to a Partnership Program Representative in your area. This information is available online at <http://cancercontrolplanet.cancer.gov/partners/index.jsp?cctopic=C>.

## **I. Program Administration (Type of Staffing and Functions Needed)**

### **Project Coordinator**

- Conducts the initial CARDIAC screening
- Mails program materials to parents

## **II. Program Delivery**

**For additional information on modifying program materials, refer to Module 4, Handouts #2 and #6 in “Using What Works”: Adaptation Guidelines and Case Study Application.**

**A. Program Materials (All listed materials can be viewed and/or downloaded from the developer’s website, <http://www.cardiacwv.org>):**

- **CARDIAC Kinder Program Description for Teachers:** This 3-page document outlines the purpose, contact persons, and procedures associated with implementation of the CARDIAC Kinder program.
- **CARDIAC Kinder Information and Consent Packet:** This packet includes basic information about the CARDIAC Kinder program, a consent form, and the Parent Questionnaire (baseline).
- **CARDIAC Project Screening Health Report:** This form collects the results of screenings for Body Mass Index (BMI), acanthosis nigricans, and dental health.

- **Body Mass Explanation for Parents:** This brief informational handout defines BMI and provides guidance to parents on interpreting BMI percentiles.
- **Pedometer Packet:** This packet includes a cover letter, two pedometers, a step log, a start (progress) chart, an instruction booklet for using the pedometers, educational materials on healthy eating and exercise, the Parent Questionnaire (posttest), and a postage-paid envelope for returning the completed questionnaire and step log.

## **B. Program Implementation:**

The steps used to implement this program are as follows:

Step 1: The Project Coordinator gives classroom teachers the CARDIAC Kinder Program Description for Teachers and gives potential child participants the CARDIAC Kinder Information and Consent Packet to take home to parents.

Step 2: Interested parents complete the consent form and send it back to school with their child.

Step 3: The Project Coordinator conducts the CARDIAC screening and completes the CARDIAC Project Screening Health report.

Step 4: The Project Coordinator mails the CARDIAC Project Screening Health Report, Body Mass Explanation for Parents, and Pedometer Packet to the child's parents.

Step 5: Children and parents use the pedometers for 5 weeks and fill out the step log following the instructions in the Pedometer Packet. Parents return the completed step log using the postage-paid envelope.

## **III. Program Evaluation**

Before and after completing 5 weeks of walking with their child, parents complete the Parent Questionnaire (baseline and posttest). The baseline questionnaire is returned to the school with the consent form, and the posttest questionnaire is mailed back to the Project Coordinator along with the completed step log using the postage-paid envelope. The questionnaires serve as program evaluation tools by the school system.

**For additional information on planning and adapting an evaluation, refer to Handouts #2-8 in Module 5 of “Using What Works.”**

For further assistance in designing and conducting an evaluation, go to the Cancer Control P.L.A.N.E.T. Web site and see Step 2: Identify potential partners to find a research partner in your area. This information is available online at <http://cancercontrolplanet.cancer.gov/partners/researcher.jsp?cctopic=0>.